



## INTERNATIONAL SELKIRK LOOP

### HIKE AND BIKE TOUR

*5-Day Mountain bike, road bike and scenic hikes in the pristine Selkirk Mountains*



#### Day 1 -

**Coeur d'Alene, Idaho** - No visit to North Idaho is complete without experiencing *The Route of the Hiawatha* - This mountain bike trail is the crown jewel of all rail-to-trail projects in the



country. Over 15 miles of railroad track has been converted into a beautiful biking and walking trail with a gentle 2 percent downhill grade. There are ten tunnels and seven trestle bridges up to 230 feet high.

<http://www.visitidaho.org/thingstodo/view-attraction.aspx?id=31205> Shuttle available.

OR -The *Trail of the Coeur d'Alenes* bike path follows the Union Pacific Railroad right-of-way from Mullan, a mountain mining town near the Montana border, to Plummer, a town on the prairie near the Washington border. More than 72 miles of paved path takes you from high mountain splendor, through the

historic Silver Valley, into the chain lakes region, along the shore of Lake Coeur d'Alene, over the Chatcolet Bridge to Heyburn State Park, and finally climbs to the Palouse prairie: an adventure for the entire family!

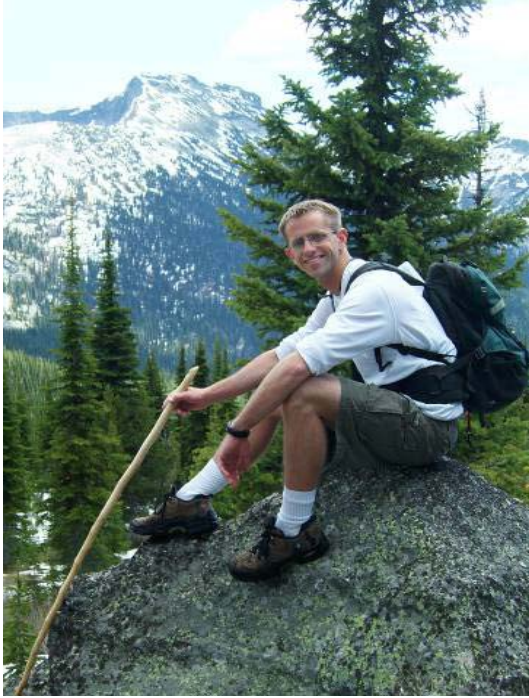
There are many services along this route that offer shuttle service, if you choose to ride one way, downhill!

[http://friendsofcdatrails.org/CdA\\_Trail/photo\\_trail07.html](http://friendsofcdatrails.org/CdA_Trail/photo_trail07.html)



## Day 2 -

**Sandpoint, Idaho** – *Mickinnic Trail*. Wildflower lovers will love this hike. The trail traverses various habitats, sometimes in timber and other times in open meadows. The higher you go, the better the view of Sandpoint and the magnificent Lake Pend Oreille. Trail is roughly 3.5 miles one way. Maps and trail information at the Sandpoint Ranger Station, Hwy 2 west of downtown. 208-263-5111



Sandpoint from downtown – Ride 12 miles of paved cycling paths in and around town.

*Schweitzer Mountain Resort* – rent a mountain bike, ride the Great Escape Lift to the top and follow miles of trails back to the lodge, or try the new *diggler*, part scooter, part bike for new adventures in riding thousands of vertical feet. Hike the miles of trails (all downhill if you prefer) to the bottom, it's always a treat, with 40-mile long Lake Pend Oreille always in view. You can see all the way to Canada.

[www.schweitzer.com](http://www.schweitzer.com)

## Day 3-

**Bonnors Ferry, Idaho**– Rent a bike downtown from Epic Adventures and ride 5 miles west along the beautiful Kootenai River to the Kootenai National Wildlife Refuge. *Hike to Myrtle Falls*, directly opposite the visitor center. There are miles of nature trails in and around the Refuge.

[www.truenorthexpeditions.com](http://www.truenorthexpeditions.com)

*Hike to Snow Creek Falls* – 3 miles south of the Refuge, turn on FS Rd #402 for 2 miles, watch for a wide pullout on the left. This is a lovely 1-mile hike to two hidden falls. You'll walk among old growth cedar, hemlock and fir trees, suitable to all ages.

**Creston BC** – Cycle through the miles of orchards, stop and the many fruit stands, many of the orchards are open for tours and tastings. Visit the Visitor Info Centre for a cycling map of the area. OR Creston Valley Wildlife Management Area – hike the boardwalks to three story observations towers to get glimpses of wildlife and birds. The wildlife Centre has walking and canoe tours May – Aug. 11 km west of Creston on Hwy 3. 250-402-6908

[www.crestonwildlife.ca](http://www.crestonwildlife.ca)



**Day 4-  
Nelson, BC**

Kokanee Glacier Provincial Park – This park offers excellent wilderness recreation in summer and winter. There are five access roads leading to the start of trails leading into the heart of the park and three cabins for overnight use – reservations recommended through the Alpine Club of Canada. The Old Growth Trail is a 2-km trail that is interesting for kids as it is full of entertaining details like steps from stumps and bridges from fallen trees. There are three glaciers located within this park.

<https://store.tabblo.com/studio/stories/view/102580/>

Gibson Lake Trailhead Loop Trail: Easy 2.5 km, on hour return hike, elevation at the trailhead is 1,536 metres. Trail access is from Hwy 3A, 19 km north of Nelson. Follow the gravel road for 16 km to the parking lot at Gibson Lake. Amenities include picnic tables, pit toilet, a day-use shelter and fishing. There are great views of surrounding peaks and old mine workings.



**Day 5-**

**Rosland, BC** – Mountain Biking Capital of Canada, Seven Summits Epic IMBA Ride - Adventerous mountain bikers will be thrilled by the Seven Summits trail in Rosland. This point-to-point adventure holds over 30 kilometers (19 miles) of rolling singletrack with beautiful mountain vistas, some steep ascents and thrilling descents. The sinewy trail follows ridgelines, affording views of the Columbia River Valley and the Southern Selkirk Mountains, and challenging riders with technical sub-alpine terrain.

**Notes:** Most riders leave a car at Nancy Greene Pass, and arrange for a pickup at the bottom of the Dewdney trail. This is the most popular way to ride the trail, but fit riders have done the whole circuit from Rossland in less than seven hours. Turn south (left) onto a gravel road at Nancy Greene Pass and begin climbing. At the end of the ride, cross Old-Cascade Highway (gravel road) and descend the Dewdney Trail. [http://www.imba.com/epics/seven\\_summits.html](http://www.imba.com/epics/seven_summits.html)  
Revolution Cycles in Rossland can provide bicycle rental and shuttle service.



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